

Heart to Heart

Devotional Thoughts for Women

January 2015

www.cocnorthside.com

Is Your Diffuser Working?

Essential oils are a popular trend these days. Just search the internet and you will find countless links for using essential oils, as well as individuals and companies that offer them for sale. There are a large variety of oils available on the market today and all of them have a fragrance: some are pleasant, some are strong, and some are somewhat disagreeable. For instance, some of my favorite oil scents are lavender, geranium, orange, and lemon while others such as clary sage and tea tree tend to make me wrinkle my nose. One of the ways in which these oils can be used is to put them into a diffuser which breaks down the molecules of the oil and disperses it into the air. The scent is inhaled and stimulates the brain for such things as relaxation, concentration, or a sense of well-being. These oil diffusers work by permeation, electricity and heat. Interestingly enough, we too act as a diffuser.

In II Corinthians 2:14-15 the apostle Paul says, *“Now thanks be to God who always leads us in triumph in Christ, and **through us diffuses the fragrance of His knowledge in every place.** For we are to God the fragrance of Christ among those who are being saved and among those who are perishing.”* (NKJV) Each one of us is to be diffusing the fragrance of Christ. We are to be dispersing that fragrance of the knowledge of God everywhere that we go. In order to do that, our diffuser has to work much like the oil diffuser does.

- **Permeation** – How can we begin to diffuse the fragrance of God's knowledge if we don't first possess it ourselves? The oil diffuser won't have anything to disperse if it is not first filled up with the proper essential oils. We need to study, learn, and grow in the grace and knowledge of God's Word, filling ourselves to the brim so it will overflow to others. Ephesians 3:19 tells us, *“To know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.”*
- **Electricity** – In order for the oil diffuser to do its job, it must be

plugged into a power source. Jesus Christ is our power source and it is through Him and His strength that we are able to accomplish His will. Philippians 4:13 reminds us, *“I can do all things through Christ who strengthens me.”* If we aren't plugged in to the proper power source, our diffuser will not work.

- **Heat** – After the oil diffuser is turned on, the oils inside of it are slowly heated until they reach the proper temperature to be released into the air. If we are a lukewarm Christian or a flat-out cold one, we will never have enough heat to diffuse the fragrance of Christ to the world around us. As the song says, we must *“Light the fire!”* in our hearts and burn inside not only for the word of God but for the opportunity to share it and the desire to do His will each day.

The fragrance of Christ that we are diffusing to others, will have an effect either positive or negative. Continuing on in II Corinthians 2:16, *“To the one, we are the aroma of death to death, and to the other the aroma of life to life.”* Just as some of the essential oils are not pleasant to smell, so some in the world will be repelled by the fragrance of Christ and the knowledge of him. However, others will find it a welcoming and pleasing scent that they will be drawn to and want more of. Our mission is not to make people like the fragrance of Christ; that is entirely up to them. Our job is simply to be the diffusers of that fragrance as God wants us to be.

Is your diffuser working? Are you permeated with the word of God, filling yourself with its knowledge? Are you plugged into the proper power source and drawing your strength from Jesus Christ? Are you on fire for God and cultivating a burning desire to serve Him each day? If not, now is a good time to get your diffuser in working order so that the fragrance of His knowledge can be dispersed in every place.

~Heather Pryor

“Therefore be followers of God as dear children. And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.”

~Ephesians 5:1-2

Ladies Bible Class – Saturday, January 17th at 9:00 am
Please bring your Bible, book, and a breakfast item to share.
We will be discussing Lesson #12.

Search the Scriptures **“Smelling Good”**

1. What book of the Bible mentions a woman using such perfumes as spikenard, saffron, calamus, cinnamon, frankincense, myrrh, aloes, and others? _____
2. According to Proverbs 27:9, what do ointment and perfume do? _____
3. What Hebrew officials were anointed with holy oil perfumed with aromatic spices? _____
4. Where was Jesus when a woman poured an alabaster jar of perfume on his feet? _____
5. Who anointed Jesus' head with an expensive ointment known as spikenard? _____

Answers to last month's quiz **“Hosts and Hostesses”**

1. Who served a meal to three men only realizing later that two were angels and the third was the Lord? Abraham (Genesis 18:1-8)
2. Who showed kindness by kindling a fire to some cold, recently shipwrecked people? The natives of Malta (Acts 28:1-2)
3. Who received Jesus joyfully at his house when Jesus announced his intention to visit him? Zaccheus (Luke 19:5-6)
4. Who begged Paul and his companions to stay at her house after her baptism? Lydia (Acts 16:14-15)
5. What prominent citizen of Malta courteously entertained Paul and others for three days? Publius (Acts 28:7)

RECIPE CORNER

"She...provides food for her household." ~Prov. 31:15

Let's start the new year off with a fun, healthy snack that will also fill the house with a great smell as it's baking!

HOMEMADE CRUNCHY APPLE SLICES

4 apples

2 packet of Stevia or 2 tsp. of sugar

½ T. of cinnamon

¼ T. of nutmeg (optional)

Preheat oven to 200 degrees. Slice apples 1/16" wide. (Use a mandolin if you have one to make this easier.) Place apple slices in a single layer on a cookie sheet lined with parchment paper. Sprinkle the stevia or sugar or another sugar substitute over the apple slices. Sprinkle with cinnamon and nutmeg. Bake in the oven for 1 ½ hours. Flip them over and continue to bake for one more hour. Turn the oven off and leave them in for a few more hours of overnight. Do not peek! Leave the oven door shut. Store slices in a ziploc bag.

Our cold weather months tend to be January and February making it a great time to break out the tried and true soup and chili recipes. Do you have a favorite recipe for homemade soup, stew or chili? I'd love for you to share them with me and quite possibly publish some of them in next month's ladies bulletin. Please turn them into Heather Pryor by January 25th.

Happy New Year!